

URINARY TRACT INFECTION

Arizona Department of Corrections
Health Services Bureau

Inmate Wellness Program
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The urinary system is made up of the organs that produce and excrete urine from the body. The major organs of the urinary system are the kidneys (filter waste from the blood), bladder, and a tube called the urethra (provides an opening to the outside from which urine is excreted). The urethra is very short. It is very easy for germs that normally exist in other parts of the body to enter the bladder and cause an infection.

SYMPTOMS

- Pain or burning during urination
- Frequent urination
- Strong urges to urinate, even immediately after urinating
- Discomfort or a feeling of pressure in the bladder area
- Pain in the pelvic area or back
- Abnormal urine odor or color
- Blood in the urine
- Sometimes may cause fever, chills, and nausea

TREATMENT

Treatment may consist of both medication and recommendations. If you are prescribed a medication, it is **essential** that you strictly follow all instructions and complete the medication –even if you no longer have any symptoms of an infection.



If you stop taking your medication before the prescribed time, the bacteria that remain in your bladder and urethra may continue to cause the infection.

FOLLOW-UP

Occasionally, even if the medications are taken exactly as prescribed, a bladder infection will come back following treatment. If this happens, you should contact your provider again for re-evaluation.

PREVENTION

- Always wipe from front to back after going to the bathroom.
- Urinate frequently during the day and do not “hold” urine when you feel the urge.
- Try to drink at least eight glasses of liquid (preferably water).
- Avoid coffee, tea, carbonated beverages (and alcohol after release) as these substances irritate the bladder and may cause it to bleed. When bleeding occurs, germs may enter your blood more easily.
- Drinking cranberry juice may help prevent and clear up urinary tract infections (UTI's).
- Avoid using cosmetics in the genital area (the so-called feminine hygiene products).
- Wear cotton underwear.
- Avoid wearing overly tight pants or underwear.

